

AMERICA'S GUIDE TO A HEALTHY MIND, BODY, SPIRIT

NEWLIFE

NEW YORK'S GUIDE TO ENLIGHTENMENT

MARCH-MAY 2019

**Change Your Diet,
Change Your Life.**

By Gary Null

**Ascension:
It's Real.
It's Here.**

By Judy Satori



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AMERICA'S GUIDE TO A HEALTHY MIND, BODY, SPIRIT

NEWLIFE

NEW YORK'S GUIDE TO ENLIGHTENMENT

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Letter from the Publisher



Hello NEWLIFERS,
 Welcome to another issue of *NEWLIFE* Magazine with the most awesome book review, product review and articles to feed your soul by Nutritionist Gary Null and

Interplanetary Healer Judy Satori. I know you will enjoy our product review of the Healthyline Mat as much as I have enjoyed using it.

Don't forget-the next *NEWLIFE* EXPO will be in New York City on March 22-24 at the Hotel New Yorker with over 70 of the most exquisite speakers and exhibitors including Gary and Judy. You will even be able to experience the Healthyline Mat there.

Check out what is happening at the expo at newlifeexpo.com/ny-expo/about-new-life-expo-ny.

Thank you for allowing me to serve you with *NEWLIFE* Magazine & Expo for all these years.

Om Shalom.

Mark Becker
 Mark Becker

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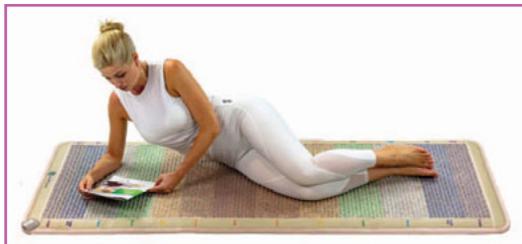
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PRODUCT REVIEWS

HealthyLine Rainbow Mat

Through a combination of advanced technology, authentic gemstones, and natural therapies, HealthyLine has pioneered a new age of heat therapy products that help manage chronic pain symptoms, increase blood circulation, improve energy levels, decrease stress, burn extra calories, improve cardiac functions, relieve muscle and joint pain, and so much more.

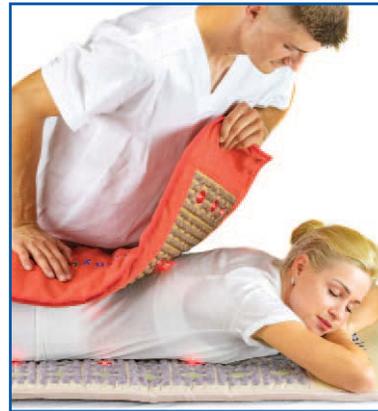
The Healthyline Rainbow mat is a therapeutic device that combines natural gemstones, far infrared heat, and a pulsed electromagnetic field system to balance and cleanse all seven of your chakra points. Each chakra point regulates specific aspects of your mental, physical, and



spiritual well-being, and when perfectly balanced and cleansed, your body operates in an optimal state to reach a deeper understanding of yourself. Balancing your chakra points improves simple things like your emotions to more complex things like your resistance to certain diseases, so maximizing their clarity has a great influence on your spiritual wellness.

The Rainbow Mat integrates seven unique gemstones including amethyst, sodalite, blue lace agate, green aventurine, yellow aventurine, carnelian, and red jasper. Heating these gemstones creates a surface that dramatically increases your circulation and relieves stress and tension in your muscles, joints, and tissue. Each gemstone emits a corresponding frequency that helps one specific chakra achieve balance and clarity.

The inclusion of PEMF heightens your connection with your spiritual body. The Rainbow mat's PEMF emits a sinusoidal



wavelength at a frequency of 7.83 Hz. This frequency is ideal because it is the same that planet Earth emits. Our bodies have been exposed to this

frequency as they have grown and developed, and as a result, it yields the most significant reaction. When you use PEMF, it counteracts the electrical interferences and blockages from machines so that your chakra energy centers remain clear of disruption.

You can use the rainbow mat to improve the effects of meditation, Reiki sessions, and distance healing. Chakras dictate everything from your happiness to your wellness. If one thing is out of line, your whole life can be impacted. Make sure you take the necessary steps to live each day to its fullest.

To Order go to www.healthyline.com and Use Code **nlmfreegift** to receive a Free Magnetic Energy Bracelet and free shipping within the continental US. Three sizes: small \$699, medium \$899, large \$1499.

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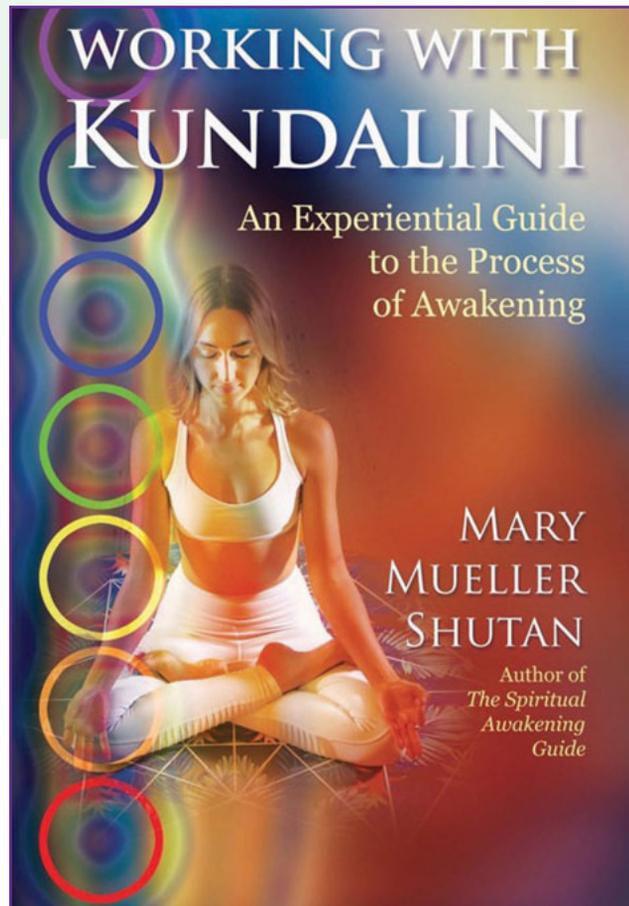
BOOK REVIEWS

Kundalini Awakening

By Mary Shutan
INNER TRADITIONS

In this step-by-step guide to the 3-phase process of Kundalini awakening, Mary Shutan explains how to move gracefully through the three phases of Kundalini awakening, the effects of pre-Kundalini and neuro-Kundalini, and Kundalini's connection to the chakras and the spiritual heart and describes the physical, emotional, and spiritual effects of Kundalini energy, including the rerouting of digestive fire, which can lead to food allergies and sensitivities. It explores supportive dietary and alternative health modalities, including fasting, paleo, keto, vegetarian, and mono diets, herbal allies, and meditation.

Starting with her own story, she describes the nature of Kundalini energy, the reasons for the energy rising, and the connection to the chakra system. Debunking the myths associated with Kundalini awakening, she explains how the first phase of Kundalini rising involves a surging up of fire—the fire of purification. It releases the past, liberates you



from past bondages and beliefs, and disrupts the neuro-endocrine systems of the body. The second phase involves expansive experiences of ecstasy, peace, bliss, and emptiness states as the upper chakras open, greater perspective on life comes in, and you connect with cosmic consciousness. The third phase, the opening of the spiritual heart, is a shift from upward-flowing energy to a downward flow of grace into the heart center, leading to compassion, re-anchoring in the world, and the embodiment of light.

She also explores sexual practices that may help or hinder the process and meditation techniques to facilitate Kundalini awakening during each phase.

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ASCENSION

It's REAL. It's HERE

New Zealand, summer 1998. A rather distressed man is lying on my massage table completely unmoving. His eyes are tightly shut. An hour or so earlier he had phoned me, late on a Sunday night. "I need to see you. Can I come now? I have waves of energy running through my body. I feel sick. I don't know what's going on."

To be honest, I didn't know either, but was trying to figure it out and help as best I could!

Then, from the man. "I can't open my eyes. I'm looking out the windows of a spaceship. I can see the stars. I can see Earth." I race to get pen and paper and for the next two hours write down everything he says as he describes the interior of the spacecraft and the strange looking beings he can see.

"There are weird symbols on the walls...like hieroglyphics, yet different...red, blue, gold. They say I've been brought here for an energy activation, so at the right time I can help the Earth." Then, "They have a message for you, Judy. They say that your role is to RECODE THE DNA." In 1998 I am a spiritual channel, a healer working in the human energy field. All I know about DNA is from high school biology class.

Fast forward to New Year's Day 2002. I am told by my spiritual teachers that they have a message for me to deliver to the people gathered at a spiritual festival in New Zealand's South Island. At 7 pm exactly I stand in front of the festival goers, who are assembled in the big marquee. I explain. I tell them that I am just going to trust and see what happens, but that I am told that as a spiritual channel I have a message to deliver. I feel nervous so I shut my eyes. I open my mouth to speak, but what comes out is a strange and very rapid language that I have never heard before and never spoken. I am shocked. I open my eyes and see that some of the people are crying, some are laughing and some cannot seem to move at all. I am told by Spirit and tell the people that the energy of the words is designed to activate them into a greater awareness of who they are on a soul level and to activate soul wisdom to come forth, to be used and expressed in their lives.

August 2010, Finger Lakes, upstate New York. I now live in the United States and I am sitting sipping a glass of merlot on the deck of the lake house, my home, gazing out across the lake. It is dusk. Suddenly I notice a large orb of light that seems to hover, stationary above the lake. It seems to be beaming its light straight at me. I stand up and walk to the deck rail. Energy comes from the orb of light and hits me in the throat. I almost fall over and begin to speak very rapid light language. By now I understand that there are many languages of light that are also energy, sound and vibration, and that these languages appear to create positive physical and emotional shifts for people.

Standing there on the deck I begin to receive tele-

pathic information. A voice tells me "he" is the commander of a spaceship and that "they" have come to me to prepare me to write a story...a story of the stars, a story of human evolution.

This book, "Sunshine Before the Dawn" was dictated to me word by word and paragraph by paragraph in 2011. The story is to help us remember who we really are and why we came to Earth. I'll have books with me at the New Life Expo in March.

You see, this year, 2019, is a time of intense spiritual upgrade. As a human species we are being prepared to receive and assimilate physically and in consciousness Ascension energies that are streaming to Earth and will continue to accelerate and strengthen in 2020 and for 13 years to come, tapering off around 2033.

I now understand that Ascension is about the activation of more of the innate ability and potential that we all have as human beings. I now speak the energy words of new creation from Source to recode Human DNA, to activate a more expanded expression of self and soul. These days I know the words I am speaking and why I am speaking them.

I now know that my real work is about to start and that this involves speaking many multi-galactic Source languages that have different energy effects.

I now know that these languages are a language code of New Creation and that they are of Love. It is rather like a linear digital code of sound delivered as a rapid and strange sounding language creating an effect...a shift in the expression of another linear digital code within every cell of the body...that of human DNA.

I can't prove it yet. There are no scientific studies or data. I only have the feedback and experience of the people who have listened to these words and used this energy in the past 22 years and their stories of the positive physical, emotional and cognitive changes they have personally experienced.

In the past three years I have recognized that to get the energy and Ascension information out to people easily and to make it affordable for people I must create an easy to use, well organized delivery system. The energy streaming to Earth is increasingly and accelerating rapidly. Time is of the essence. So, together with a digital production team based in Australia, I have created an online Ascension Library. www.AscensionLibrary.org

Access is 24/7 through your computer or hand-held device. You can activate a seven-day free trial and use many of the programs in the library at no charge.

Ascension is not just a buzz word! It's real. It's true. It's here.

I look forward to meeting you at the *NEWLIFE EXPO*, New York City, 22-25 March.

www.AscensionLibrary.org www.JudySatori.com



BY JUDY SATORI

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Having produced more than 80 award-winning documentaries, I always ask what is needed of my audience. If you're willing to listen, people will tell you what they need in order to make changes in their lives. Especially young people – they're more idealistic, they haven't been corrupted by the system, and they believe that they can make a difference. Also, there's a sprinkling of older people who are willing to make some changes, but their careers, their family, their personal issues take center stage, and these other changes are of secondary importance.

So I thought: what could people change that could help save the planet? We're not going to be able to get off fossil fuels – every car, plane, boat, and factories are all using various forms of fossil fuels as energy or in their creation. Even solar and wind require large amounts of fossil fuels just to make a product that requires less of them. The one thing that people can change on an individual basis if they choose to is their diet. People are creatures of habit – they want change, they want the benefits of change, even if they don't always want to be the person that changes. But then, look how many people are going out of their way to buy organic produce; how many people are going out of their way to drink healthier water instead of what comes from the tap; how many people are making an effort to help their bodies with jogging, yoga, and other exercise; how many people are shopping in health food stores, farmers' markets, and food co-ops.

This film is functioning on three levels. One, I wanted to show board-certified physicians who themselves are vegan. The reason they became vegan was because they had health issues that they were not able to resolve with all the tools available to them in their orthodox medical training and practice – to resolve, but on a plant based diet, they were successful. It's that simple. Then they helped their patients. All told, just the physicians in this book have treated tens of thousands of patients successfully on a plant-based diet. A study of the scientific literature shows thousands of studies on healthy, nutritious choices impacting the prevention or improvement of different medical conditions, from arthritis to dementia, diabetes to high blood pressure, cancer to fatigue.

For younger people, though, it's not health issues that motivate them. It's respect for sentient creatures. The calves, the dairy cows, the pigs, the piglets, the chickens, the lambs, the fish – they have been sensitized to realize that these creatures feel pain, are conscious, respond to love, and have unique personalities and emotions. Anyone who knows a dog or cat knows that they will never betray you their entire lives. That's why the loss of a pet is frequently as painful as the loss of a friend or family member. The health benefits are of secondary significance.

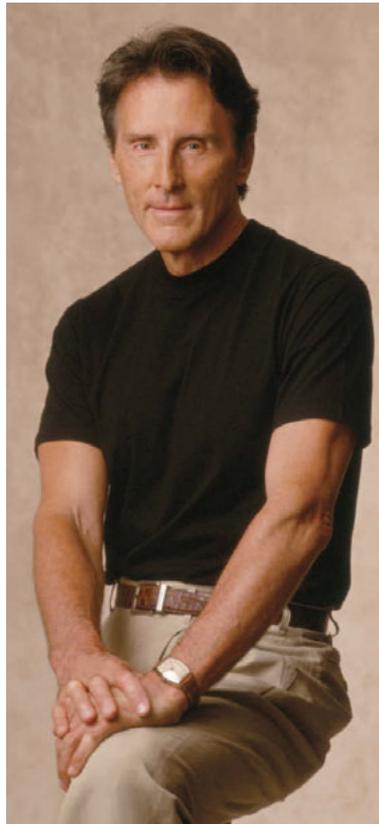
Then there's a third reason to consider. A lot of environmentalists of all ages are going vegan because when you do, you aren't wasting all the natural resources such as water and topsoil, or clearing forests, which are the lungs of the planet, absorbing carbon dioxide and giving us fresh oxygen. Especially if you support local farming – the carbon footprint of growing an animal in Washington and transporting it to

Florida, or even just the byproducts of that animal after it's been slaughtered, is enormous, and most people are repulsed by seeing how animals are treated in commercial factory farming. It's a truth too searing for most to accept: Where does my hamburger come from? If you understand that lobsters are intelligent and feel pain, then watch as a lobster is put into a boiling pot and you see it trying to escape, it will impact you. So if you can help lessen the methane gases, which are 20 times more powerful than CO₂ at contributing to global warming, that can help the planet in a very real way. About 30% of global warming is from agriculture, and about 18% of that 30% comes from animals – tens of billions in emissions a year. There's the destruction of the Amazon rainforest to grow GMO soybeans to ship back to China or South Korea or Japan so they can feed them to livestock, which is then consumed by populations that increasingly crave meat. China alone has experienced a 300% increase in meat consumption in just 5 years.

So let us summarize: we don't want to see animals raised for slaughter because of the privations and suffering they go through. We want to see a healthier person develop by making healthier plant-based dietary choices. We want to see climate change slow down by moving toward a vegan plant-based diet. And in the film you're watching, you'll see doctors who've changed their own lives. One of those is Dr. Dean Ornish, one of America's most respected cardiologists. He was the pioneer who showed in a study over 30 years ago that you can reverse major heart disease conditions, including atherosclerosis and arterial sclerosis, with a plant-based diet, exercise, and stress management. I was there, and filmed it at the time, but it did not cause a revolution – even though he was able to replicate his findings, and other doctors read the articles he published in the *Lancet* and *NEJM* – two separate articles! – it didn't move anyone to change.

Here we have a perfect example of someone showing that what we were doing was contrary to good health standards, yet we paid no attention to him. Now you'll see him discussing 9 of his current patients, all of whom were so diseased they were going to have heart transplants. Of those 9, none of them actually had to have the transplant because he helped them heal their hearts and arteries. He should have received the Nobel Prize for medicine and been on the front cover of every newspaper – but instead there was not a word in the mainstream press, and some even said it didn't happen. It did. The question is: why can't we accept new truths that could replace old dogmas, conditioned mindsets and beliefs? Especially when it's to our advantage to do so? *Curing the Incurable* takes you on that journey. It's very upbeat, very uplifting, with a positive message of things that we can individually do if we choose. I will be doing a discussion on how to begin your journey toward transforming yourself, towards a plant-based diet, helping lower blood pressure, blood glucose, losing weight, and improving mood and energy levels following the showing.

Gary Null will be speaking and showing his new film at the NEWLIFE EXPO, New York City, March 22-24.



By GARY NULL